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CP strike may derail commuters

Notice issued. Labour disruption at CP Rail could sidetrack West Coast Express

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

West Coast Express commuters could find their trips derailed if Canadian Pacific Railway employees walk off the job this week.

The union representing 5,000 CP employees issued a 72-hour strike notice over the weekend, which means workers could go on strike as early as Wednesday.

CP Rail provides the operating crew — conductors, locomotive engineers and rail traffic controllers — for West Coast Express.

Fred Cummings, president and general manager of the B.C. Rapid Transit Company, said this could be the first potential major disruption in the company's 16 years of service and contingency plans are being made if service gets impacted.

Cummings said they are working with Coast Mountain Bus Company to talk about logistics and admitted it will be very difficult to serve commuters with buses.

"We can't replace the full service (because) that's upwards of 6,000 customers we're looking at a day — to try and provide the bus service to provide the level of service that West Coast Express provides is nearly impossible," Cummings said.

He said riders will be notified as needed, but also encouraged them to plan accordingly.

"If they can arrange a ride with their neighbours, their family or co-workers, we would encourage them to do that too," he added.

The union says CP is demanding major concessions on "work rules, fatigue management and the pension plan, which the employer wants to cut by 40 per cent."

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Fred Cummings, president and general manager of the B.C. Rapid Transit Company, at the West Coast Express station in Vancouver, on Monday. He says they are working on contingency plans in case CP Rail workers go on strike this week, affecting West Coast Express service. PHYLICIA TORREVILLAS/METRO

What's on your bucket list?

Artist wants to see your hopes and dreams on giant blackboard PAGE 3

Royal couple begin tour

Charles and Camilla's visit to Canada off to an explosive start PAGE 8

A tough pill to swallow

Catholic leaders are suing the Obama administration over birth control mandate PAGE 11

Gloves off in Eastern final

Devils even series with Rangers with hard-fought win in Game 4 PAGE 26

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Scuba accident

Diver had ties to Canadian Forces: Military officials

A man who died during a scuba-diving accident on Vancouver Island was a member of Canadian Forces Base Esquimalt.

The accident took place on Saturday afternoon in Saanich Inlet, but police wouldn't confirm whether the man died at the scene, in transit or in the hospital. Staff at the military base say the diver was one of their personnel but provided no other details. Police have confirmed the man was part of a three-person dive team.

The B.C. Coroners Service says the cause of death could be an air embolism because the two other divers were taken to decompression chambers.

An air embolism can be suffered by ascending divers who have been breathing compressed air. It is caused by gas bubbles in a vascular system.

THE CANADIAN PRESS

Error

Retraction and apology to Conrad Black

In the May 7, 2012, edition of Metro and on metronews.ca, we published an article entitled, "Following the mogul script". That article incorrectly reported on the nature of Conrad Black's convictions. In fact, the only convictions upheld against Mr. Black were one count of obstruction of justice and one count of mail fraud.

Moreover, we retract any allegation that Mr. Black created "flimsy businesses based on fraud."

We apologize to Mr. Black for these misstatements.

Before I die I want to
Before I die I want to
Before I die I want to
Before I die I want to
Before I die I want to
Before I die I want to
Before I die I want to
Before I die I want to
REVOLUTION
SEE THE WORLD
SEE THE AURORA
DANCE
GET A DOG
LIVE + BE HAPPY
RISK MY LIFE
HAVE A COW
A CHICKEN
FLY HIGH
BE PERFECTLY HAPPY SIMPLY BEING

Artist Dana Ramler installed a chalkboard half a city block long in an alley between Keefer and East Georgia streets for people to finish the phrase "Before I Die..." CONTRIBUTED

Bucket-list blackboard gets big reception

Art installation. Vancouver artist has inspired friends around the world to create their own blackboards

PHYLICIA TORREVILLAS
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What's on your bucket list?

A giant blackboard in Vancouver is offering passersby a chance to write down just that.

Anyone who wants to can pick up a piece of chalk and complete the phrase "Before I die" for all to see. They can also read other people's hopes and wishes.

Artist Dana Ramler, 27, who set up the display on May 5 in an alleyway between Keefer and East Georgia streets, said she's surprised by how well received the board has been.

"There's not a lot of collaborative art that happens in Vancouver," she said. "I think people love being invited to participate in the arts and have the opportunity to share with the world what it is they want to do in their life."

One person wants to "stand on an elephant's back." Another would like to "cross the equator," while most desired to "find love" or "be loved."

"I hope that it causes people to look inside themselves and really see what it is that they want and go after it," Ramler said.

"I hope it also gives us a better understanding of the people that we share the same streets with in the same city. I think a lot of us are strangers, but having shared our hopes and dreams with one another, I hope that takes away some of that distance between us."

Ramler said she wanted to have a "shared experience" to connect herself and all her friends who live in foreign countries. Thanks to her, they have set out to fill up blackboards in their own cities.

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1 NEWS

On the web

Cheese producers suffer after Italy quake

Italian cheese producer Oriano Caretti woke up to shaking earth and then to the roar of some 30,000 wheels of Parmesan cheese crashing to the ground in the warehouse next to his home. The weekend earthquake in northern Italy caused enormous damage to the region's cheese industry. See video of the damage at metronews.ca

Kid gets thrown in with the laundry

Turns out auto-lock on laundry machines really does work. A couple learned this the hard way after putting their toddler into a laundromat washing machine and shutting the kid inside (the child is now safely out of the machine). Watch the tape at metronews.ca

Mobile news

Want to sit next to friends or family on the plane this summer? Be prepared to pay a little extra. Scan the code to read about U.S. Airlines reserving a growing number of window and aisle seats for passengers willing to pay a premium for the better seats

Kamloops. RCMP get credit for saving woman's life in standoff

The timely intervention of an RCMP negotiator is being credited with saving the life of a woman held hostage during a standoff in which it's believed the man responsible died.

The role of the negotiator is among new details of the incident revealed in a phone interview with CFJC radio by a man who said he was the woman's boyfriend and was at the home at the time.

David Madore said his girlfriend was only moments away from being killed Thursday night when the police negotiator called the home and persuaded a man, who had strapped explosives to himself, to let the woman go.

"He phoned and he started stroking his ego and saying, oh, how smart he was and everything else," Madore told CFJC.

"At that point he took his hand away from the explosives. He saved my girlfriend's life."

The man released the woman at midnight and continued talks with the negotiator before the phone went silent and officers at the scene reported two rapid explosions from within the house.

Coroner Barb McLintock said remains were recovered from the site sometime Saturday afternoon.

THE CANADIAN PRESS

Suspicious death

IHIT investigates death on Bowen

The Integrated Homicide Investigation Team is looking into a suspicious death on Bowen Island. Police say they received a call from a resident Friday who said he had found a body on his property. THE CANADIAN PRESS

Peachland

Man dies in fishing accident

The investigation continues into the death of a 43-year-old Metro Vancouver man after a boating accident near Peachland. Police say three men were fishing Friday when one stood up — capsizing the vessel. THE CANADIAN PRESS

Needle exchange provider keeping close eye on Abbotsford council

Harm reduction. With council reevaluating ban, group hopes to keep needle exchange alive

MATT KIELTYKA
matt.kieltyka@metronews.ca

PHS is hoping to gain a permit that would allow them to continue a mobile needle exchange service in Abbotsford. CONTRIBUTED

Keeping a harm reduction ban in Abbotsford would condemn people to HIV/AIDS or drive them to Vancouver's Downside Eastside, according to the Portland Hotel Society.

PHS Community Services Society has been running a mobile needle exchange van in Abbotsford for eight months due to high demand, but has been unable to obtain a permit because of the city's bylaw prohibiting harm reduction programs.

When director Mark Townsend heard council would be re-evaluating the ban March 28, PHS applied once more for a permit.

"We run a mobile van needle exchange in Vancouver and have a permanent facility too and were surprised by the number of people coming from Abbotsford just to get clean needles," said Townsend. "(Abbotsford's bylaw) is wrong and inhumane, you're effectively condemning people to contracting HIV/AIDS or coming to the Downtown Eastside. The city can't just dump the problem on Vancouver."

Townsend said he is optimistic Abbotsford's city council will overturn the ban.

PHS Community Services Society isn't the only organization hoping the 2005 bylaw is struck down.

UBC medical anthropologist Dr. Dan Small sent a letter to Abbotsford Mayor Bruce Banman and all the city councillors Wednesday on behalf of the PHS Community Services Society, urging them to consider the peer-reviewed evidence that needle exchanges save lives and millions in health care costs.

"Needle exchange services are a stepping-stone to a successful life, a doorway into health care and they bring the most wounded people into the community rather than force them into the shadows," Small wrote in the letter. "There is persuasive scientific evidence that needle syringe programs reduce the risk of HIV and (Hepatitis C) considerably."

WITH FILES FROM KATE WEBB/METRO

Follow Matt Kieltyka on Twitter @Mkieltyka

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B.C. Doukhobors demand an apology

Visiting families hold a prayer service outside of the New Denver residential school in this 1957 photo. Former residents say they experienced psychological, physical and sexual abuse in the facility.

PETER SAVINKOFF/HO/THE CANADIAN PRESS

Sons of Freedom.
Russian children forced into residential schools

It was between 5 and 6 a.m. and Elsie Erickson's mother had just begun lighting the stove when four RCMP officers barged into their tiny wooden home in the village of Krestova, B.C.

"She came to the bedroom and spoke and said 'Vanya stavai politcia skaya, the police are here,' " Erickson said. "And from the tone in her voice I jumped out of bed ... and I tried to hide."

The seven-year-old had barely scurried under her bed when she was dragged back out by her foot.

Nearly 60 years later, she remembers her father asking if the family had time to pray.

Erickson and her brother spent the next four years in what she said felt like a jail.

They were housed with nearly 200 others in a residential school in New Denver, B.C., all children of a radical sect of Russian immigrants known as the Sons of Freedom Doukhobors.

Similar to the stories of aboriginals forced into residential schools, the Sons of Freedom children were seized on order of the B.C. government because their parents weren't sending them to public school.

Now, Erickson and 100 former residents are fighting for an apology styled similar to the redress given to their native peers in 2008.

The Doukhobors argue the schooling issue was an excuse to assimilate the Sons of Freedom. They say from 1953 to 1959, the children became victims of a long-standing cultural battle between their communities and the province.

Like thousands of Indian Residential School survivors, former residents say they experienced psychological, physical and sexual abuse in the New Denver school.

Children were punished for speaking their own language, though few came into the schools knowing any English. Visits from parents were strictly limited, traditional dress was banned and cultural and religious ceremonies were left behind.

A group calling itself the New Denver Survivors Collective argued before the B.C. Human Rights Tribunal in early February that the government has unjustly refused to apologize to the Sons of Freedom.

They also pointed to hefty compensation packages doled out to other groups who faced abuse at B.C.-run residential schools as unfair. The group wants the government to carry out recommendations put forward by a 1999 BC Ombudsman report.

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Trump should revoke pageants that discriminate: Lawyer

Miss Universe.
Organization says it will allow transgender competitors, but could not guarantee that local franchises would carry out new policy

Transgender trailblazer Jenna Talackova lost her bid to become Miss Universe Canada over the weekend, but said Sunday that her history-making appearance has awarded her a much more meaningful role as a civil-rights champion.

"I never thought I would be wearing (the) crown of an advocate and it feels really good, I feel very honoured," Talackova said one day after losing the Miss Universe Canada title to fellow Vancouverite Sahar Biniaz.

The Vancouver blond fell just outside the winner's circle Saturday night, when she was cut after making the Top 12.

Born Walter Talackova, the 23-year-old holistic nutrition student underwent sex change surgery four years ago. She was initially barred from competing until pageant owner Donald Trump said he would allow her to take part.

On Sunday, Talackova's high-profile lawyer Gloria Allred called on Trump to revoke any Miss Universe franchise that excludes transgender contestants.

"It's clear, it's simple: If they discriminate on account of gender identity they should not be allowed to have their candidate participate in the Miss Universe pageant worldwide," said Allred. "Simple as that."

Paula Shugart, the organization's president, said Allred's demands oversimplify the issue. "This is not her argument to decide," she said. "Last I heard she is a lawyer in the United States and she should know there are laws all around the world that you have to respect." THE CANADIAN PRESS

Jenna Talackova on stage during the preliminary round of the Miss Universe Canada contest in Toronto on Thursday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Man in Motion keeps on moving — 25 years later

Traditional Musqueam drummers guide Rick Hansen onto the Musqueam reserve in Vancouver on Monday. This year's relay is the 25th anniversary of Rick Hansen's Man In Motion World Tour and will wrap up in Vancouver on Tuesday. JONATHAN HAYWARD/THE CANADIAN PRESS

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Royal tour starts with some recollection and reflection

Quick trip. Prince Charles remembers time in New Brunswick before couple takes off for Toronto

The royal couple kicked off their Canadian tour Monday in New Brunswick, where Prince Charles recalled his time training as a military pilot, extolled the virtues of service and in a scene reminiscent of his son's visit last year, played a pick-up game of street hockey.

But unlike Prince William, Charles scored.

It was an unconventional kickoff for the couple's whirlwind visit — Charles's 16th to Canada — which began in earnest at Canadian Forces Base Gagetown, where he flew as a naval helicopter pilot in the 1970s "at an exercise area in the middle of nowhere," drawing a smattering of laughter from a crowd of about 800.

He also praised those who devote their time serving their communities — a prominent theme of the couple's visit as part of the Queen's Diamond Jubilee celebrations this year.

"I can only hope their example will inspire others as it inspires me," Charles said.

He also met with families of military personnel who have died.

THE CANADIAN PRESS

Itinerary

- On Tuesday, the Ontario government will host a reception in the historic Distillery District for the royal couple before Charles visits the Yonge Street Mission.
- They will leave Toronto on Tuesday evening for Regina.

Prince Charles and his wife, Camilla, the Duchess of Cornwall, watch fireworks with Ontario Premier Dalton McGuinty in Toronto, Monday night. The royal couple is on a four-day tour with stops in New Brunswick, Ontario and Saskatchewan to mark the Queen's Diamond Jubilee. PAUL CHIASSON/THE CANADIAN PRESS

Garden stands tall

Chelsea pensioners look out from a show garden called The Westland Magical Garden, designed by Diarmuid Gavin, during the Chelsea Flower Show in London, U.K. on Monday. SANG TAN/THE ASSOCIATED PRESS

Board rules against clemency for Canadian on U.S. death row

A Canadian on death row in Montana for killing two men 30 years ago was dealt a major blow Monday in his bid to avoid execution, after the state's board of pardons and parole recommended Ronald Smith be denied clemency.

Montana Gov. Brian Schweitzer will now decide if Smith — who is seeking life in prison without the possibility of parole — lives or dies.

"It's not a surprise at all. Even though they made a big to-do about it, this report just shows the way the state of Montana has been all along," Smith's longtime lawyer Don Vernay said in a telephone interview with The Canadian Press.

"It's always been they're going to kill this guy because for them to do an investigation in the manner they did shows they don't care."

A report done by staff at the Montana Board of Pardons and Parole, obtained prior to the clemency hearing, strongly recommended against granting Smith mercy. The board's final decision followed suit.

"It is the unanimous decision of the board to recommend that the governor of the State of Montana should not grant Ronald Allen Smith the extraordinary remedy of clemency," the panel wrote.

The Montana Board of Pardons says Ronald Smith, seen here at Montana State Prison this past February, should be put to death for killing two men 30 years ago. Smith, originally from Red Deer, Alta., is the only Canadian on death row in the United States. BILL GRAVELAND/THE CANADIAN PRESS

Case facts

- Smith, 54, has been on death row ever since he admitted to shooting Thomas Mad Man Jr. and Harvey Running Rabbit near East Glacier, Mont., in 1982. He originally asked for the death penalty, but soon after changed his mind.
- Originally from Red Deer, Alta., Smith was 24 and had been taking LSD and drinking when he and Rodney Munro marched the two men into the woods where Munro stabbed one of them and Smith shot them both in the head.

The decision by the three-member board was unanimous.

"The testimony presented by witnesses both supporting and opposing clemency for Mr. Smith was compelling and heartfelt," said the panel members in a letter to Schweitzer.

"The level and intensity of emotional testimony from both members of Mr. Smith's family and the extended family and friends of his victims, Mr. Mad Man Jr. and Mr. Running Rabbit Jr., was unprecedented in the experience of the board," the letter said.

"Whatever final decision that is made by you in this matter will result in continued grief and anguish for some, albeit solely as a result of Mr. Smith's actions."

The recommendation is not binding. It is now up to Schweitzer to decide if Smith lives or dies.

Vernay said he hopes the governor "is more open-minded" than the rest of the state of Montana.

Smith's sister, who testified on her brother's behalf, was shocked by the outcome.

"Absolutely dumbfounded right now. I can't believe they made that decision," Rita Duncan told The Canadian Press.

"Everything a person could humanly do to transform themselves to be a better person and to apologize. I don't know what more a person could do."

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85% of Metro Vancouver residents polled last year want transit improvements, an Angus Reid Public Opinion poll found – and 75% believe the best option for increased funding is additional revenue from the province.

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Birth-control battle leads to lawsuits

Catholic counterattack.
Religious institutions sue Obama administration over required health-plan coverage

Dozens of Roman Catholic dioceses, schools and other institutions sued the Obama administration Monday over a government mandate requiring most employers to provide birth control coverage as part of their employee health plans.

The lawsuits filed in federal courts around the U.S. represent the largest push against the mandate since President Barack Obama announced the policy in January. Among those suing are the University of Notre Dame, the Archdioceses of Washington and New York, the Michigan Catholic Conference and the Catholic University of America.

"We have tried negotiation with the administration and legislation with the Congress, and we'll keep at it, but there's still no fix," said New York Cardinal Timothy Dolan, president of the U.S. Conference of Catholic Bishops. "Time is running out."

The U.S. Health and Human Services Department adopted the rule to improve health care for women. THE ASSOCIATED PRESS

Quoted

"Our valuable ministries and fundamental rights hang in the balance, so we have to resort to the courts now."

Cardinal Timothy Dolan, president of the U.S. Conference of Catholic Bishops

President Barack Obama appears at the close of the NATO summit on Monday in Chicago. His administration is being sued over a government mandate on health-plan coverage for birth control. JOHN GRESS/GETTY IMAGES

Man survives Niagara plunge

Emergency officials rescue a man who plunged over Niagara Falls and survived in an apparent suicide attempt on Monday. The man is only the third person known to have gone over without a safety device and live. A waiting helicopter flew him to Hamilton General Hospital, where a spokeswoman says he has critical but non-life-threatening injuries. HARRY ROSSETANI/THE ASSOCIATED PRESS

Familial fraud

Man who posed as his dead mom gets over 13 years

A New York man who dressed up like his dead mother in a bizarre real estate fraud has been sentenced to more than 13 years behind bars. Thomas Parkin was convicted May 3 on charges including grand larceny and mortgage fraud. He was sentenced Monday to 13 2/3 to 41 years in prison. Prosecutors say when Parkin's mother died in 2003 and the Brooklyn house she owned was sold at a foreclosure auction, Parkin pretended his mother was still alive and sued the new owners. They also say he collected $44,000 US in his mother's social security cheques and doctored her death certificate. THE ASSOCIATED PRESS

Suffering for his art

Artist arrested after installation mistaken for bomb

A Japanese-born artist who was setting up an I Love New York-themed public art display in Brooklyn was arrested after the wired contraption was mistaken for an explosive device.

Takeshi Miyakawa, a visual artist and furniture designer, was arrested Saturday after placing the installation in two separate areas of the same New York City neighbourhood. His lawyer and employer both called the arrest a misunderstanding. The installations consisted of plastic bags bearing the classic I Love New York logo; the bags contained batteries and were suspended from metal rods attached to trees. THE ASSOCIATED PRESS

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No Canadian boots on Afghan soil after 2014, Harper says

Afghanistan. 'If you asked me frankly, would I wish it was earlier? I would say yes,' said PM at NATO summit

Canada's military involvement in Afghanistan will come to a firm end in March 2014, the prime minister said Monday at the close of the NATO summit.

Though Canada will continue to financially support the Afghan army, there will be no boots on the ground once the NATO-led mission there comes to a close, Stephen Harper said.

"The time has come," Harper said. "All the benchmarks, all the milestones are being met to make this possible."

The announcement came as NATO and its partner nations formally agreed that Afghan security forces would take control of any combat next summer with NATO sliding into a support role until 2014.

They expressed confidence in the ability of Afghan security forces to take the lead a year earlier than originally planned.

"Transition means the people of Afghanistan increasingly see their own army and police in their towns and villages," NATO Secretary General Anders Fogh Rasmussen said.

"This is an important sign of progress toward our shared goal: An Afghanistan governed and secured by Afghans."

The arc of Harper's views on Afghanistan might have been summed in his body language as he and other NATO leaders began their final day of meetings. Harper was once the strongest proponent of the war in Afghanistan, but at the meeting he rocked back and forth in his chair and didn't even bother to stifle a yawn.

THE CANADIAN PRESS

Security

$4.1B

It is estimated that it will cost $4.1 billion a year for Afghanistan to run its security forces once the NATO-led coalition pulls out in 2014.

Prime Minister Stephen Harper sits in front of ministers Peter MacKay, left, and John Baird. SEAN KILPATRICK/THE CANADIAN PRESS

Albania. Bus falls off mountain cliff, killing 12 people and injuring 21

A bus carrying university students on a pre-graduation trip toppled off a mountain cliff in southern Albania on Monday, killing 12 people and injuring another 21, authorities said.

University officials said two buses had been taking 75 third-year language and literature students and three professors from Aleksander Xhuvani University in the city of Elbasan on a trip to the southern city of Saranda.

One bus carrying 33 people fell 80 metres off the road near the town of Himare, 220 kilometres south of the capital, Tirana, police spokeswoman Klejda Plangarica said.

The cause of the crash was unclear. Albanian media quoted one of the passengers and a resident near the crash site as saying the bus had been going very fast. Albania's transport minister also said the road had been recently repaired.

Fourteen of the injured students were in serious condition and were flown by helicopter to Tirana's military hospital. One died on the way, raising the total death toll to 12. Local prefect Edmond Velcani said the bus driver was among the dead.

THE ASSOCIATED PRESS

The bus that was carrying university students lies at the bottom of a cliff near Himare in southern Albania. THE ASSOCIATED PRESS

Conservatives remain quiet about Russian spy scandal

The Harper government had a host of military and possibly commercial reasons for not blaming and shaming Russia in the aftermath of an embarrassing spy scandal involving a junior intelligence officer, a series of internal briefings suggest.

The case of Sub-Lt. Jeffrey Delisle, which exploded across the front pages in January, has largely disappeared into a black hole of secrecy and court-ordered silence.

The Wall Street Journal recently quoted U.S. intelligence sources saying Delisle's breach in communications secrets was roughly as big in volume as the notorious U.S. data loss to WikiLeaks.

Yet, the Harper government has remained mute, even in the face of suggestions the case caused a major rift with Washington.

Several sources within the government and the military say there was a vigorous debate within the halls of power about whether to call out the former Cold War adversary over Delisle, whose case has been adjourned until June 13 while his lawyer awaits security-washed documents.

Sub-Lt. Jeffrey Paul Delisle
THE CANADIAN PRESS

A small cadre of cabinet ministers, notably Defence Minister Peter MacKay, argued for a measured, nuanced response to the crisis, which continues to have the potential to cause serious strains among allies, said the sources.

The Conservatives have previously shown no hesitation to paint Moscow unflatteringly, especially when it comes to justifying their military build-up in the Arctic.

But to alienate Russia over the alleged betrayal by a navy sub-lieutenant, potentially setting off tit-for-tat diplomatic expulsions, had more downsides than upsides, sources and briefing documents suggest.

THE CANADIAN PRESS

Arctic boundaries

The Arctic interests of both countries is a significant cause for diplomatic sensitivity.

- There have been suggestions of mineral wealth under the polar sea.
- Russian interest is reportedly weighted towards oil and gas exploration.

New Jersey

Two Canadian women fatally stabbed in botched robbery

Two Canadian women were fatally stabbed Monday during a botched robbery in a southern New Jersey resort community.

The victims, ages 47 and 80, were both stabbed multiple times in the upper body. Both died a short time after at a hospital.

Sgt. Monica McMenamin, an Atlantic City police spokeswoman, said Antoinette Pelzer, 44, was arrested around 10 a.m., just moments after the robbery occurred.

Pelzer initially was charged with two counts of aggravated assault and weapons offences. But Atlantic County prosecutor Ted Housel said she would likely face more serious charges following the victims' deaths.

Housel said a city police officer who happened to be patrolling in the area witnessed the stabbing and quickly subdued Pelzer at gunpoint on a block not far from the city's casino district.

THE ASSOCIATED PRESS

U.S.

Soldier stands trial for alleged bomb plot

A soldier accused of planning to bomb American troops stationed at Fort Hood wore a mask in court for the first time Monday as jury selection began in his federal trial.

Pfc. Naser Jason Abdo has been accused of biting through his lip and spitting blood on a deputy U.S. marshal and a sheriff's deputy who were escorting him after a court hearing last month.

THE ASSOCIATED PRESS

London 2012

Olympic flame briefly snuffed out

The Olympic torch was briefly snuffed out Monday during the relay leading up to the London 2012 Games.

The torch was attached to the side of Para-badminton player David Follett's wheelchair in the western England town of Great Torrington when the flame went out.

London Olympic organizers blamed the incident on a malfunctioning burner.

THE ASSOCIATED PRESS

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Canadian woman one of four to die descending Mount Everest

150 climbers. Brief window of good weather leads to traffic jam on the mountain Saturday

Shriya Shah-Klorfine, right, died during her descent from Mount Everest. ABOVE: THE ASSOCIATED PRESS; RIGHT: FACEBOOK.COM

A Canadian woman has died pursuing her dream of scaling Mount Everest.

Shriya Shah-Klorfine, of Toronto, was among four people who died while descending from the summit Saturday in what are being described as overcrowded conditions.

"My wife was someone who lived life to its fullest, with irrepressible energy and vitality," her husband Bruce Klorfine said.

Shah-Klorfine was believed to be the first South Asian woman from Canada to try to raise the Canadian flag on Everest.

Born in Kathmandu, Nepal, Shah-Klorfine, 33, grew up in Mumbai, India, and moved to Canada to be with her husband.

Shah-Klorfine was on the board of the Conservative party's Toronto-Davenport riding association.

The climbers who died were believed to have suffered exhaustion and altitude sickness. One other person, a Sherpa guide, was listed as missing Monday. The other victims were German doctor Eberhard Schaaf, South Korean Song Won-bin and Chinese climber Wang-yi Fa, 55. THE CANADIAN PRESS

Living life to the fullest

"She died in the pursuit of her dreams, and with the satisfaction of having achieved them." Shriya Shah-Klorfine's husband, Bruce Klorfine

Demonstrators arrested in Valparaiso, Chile

Demonstrators opposing the government's education and labour policies are arrested by riot police, near the Chilean Congress on Monday where President Sebastian Pinera was delivering his State of the Nation address in Valparaiso.

LUIS HIDALGO/THE ASSOCIATED PRESS

Italian quake kills 7

Oriano Caretti looks at overturned shelves of Parmesan. LUCA BRUNO/THE ASSOCIATED PRESS

A magnitude-six earthquake shook northern Italy early Sunday, killing at least seven people and toppling some buildings.

The quake struck early Sunday morning between Modena and Mantova, about 35 kilometres north-northwest of Bologna.

Cheese producer Oriano Caretti woke up to the shaking earth, and then to the roar of 30,000 39-kilogram wheels of Parmesan cheese crashing to the ground in the warehouse next to his home.

The quake toppled centuries-old buildings and also caused enormous damage to the region's world-renown cheese production.

The Coldiretti Italian farm lobby said 400,000 wheels of Parmesan and Grana Padano cheese were damaged when the racks where they are aged collapsed.

Total agriculture losses, including lost cheese, felled livestock and damaged machinery in an area spanning Bologna, Modena and Mantova in the agriculturally rich Po River Valley, are estimated at $200 million US.

In all, some 10 collective Parmesan-aging warehouse and cheese-production sites have sustained damage in the quake, half of the hundreds of thousands of cheese wheels damaged are estimated to be at least a partial loss.

Damaged

400,000

A farm lobby group says that's how many wheels of Parmesan and Grana Padano cheese were damaged in the quake.

"Considering that what you see here represents the work of seven companies for two years, this means that the repercussions on the rural economy of these farms and this territory will feel it pretty badly," Caretti said Monday inside the cheese factory.

Many of the wheels looked unscathed, but workers were still trying to determine what could be salvaged before mould sets in.

The quake struck when most residents were asleep — and residential buildings in an area unaccustomed to quakes largely withstood the tremor.

But factories in the region were at work despite the economic crisis that has sent Italy into recession.

Four of the seven dead were workers on the overnight shift who were buried in rubble. The other three victims died of heart attacks and health conditions brought on by fear.

Many of the region's landmarks also suffered considerable damage, including the city hall of Sant'Agostino.

The last big quake to hit the region was in the 1300s. THE ASSOCIATED PRESS

Chinese activist worried

The mentor for a blind Chinese activist who arrived in New York over the weekend says Chen Guangcheng is very troubled about three people now at the mercy of Chinese authorities for helping him.

New York University law professor Jerome Cohen expressed the concerns on Monday.

After Chen fled his village, his nephew was arrested and charged with intent to commit homicide — for stabbing and wounding attackers beating up the young man's parents.

Chen is asking Chinese authorities to release the nephew.

Cohen said the dissident is "seriously troubled" because he cannot protect others who protected him: a woman who drove his getaway van and a scholar who cared for Chen and who Cohen says is now under house arrest.

The dissident and the New York law professor have been in touch for years, since they met when Chen visited the U.S. in 2003.

Cohen advised Chen while he was in the U.S. Embassy in Beijing, where he was given sanctuary after his escape following seven years of prison and house arrest.

An agreement was reached for him to go to the U.S. to study law at New York University. THE ASSOCIATED PRESS

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Outcry prompts revoked death sentence

In this photo taken in 2009 and made available Monday, Wu Ying, head of the Bense Holding Group, attends her first trial on charges of running a Ponzi scheme involving over 773 million yuan ($124 million) between 2005 and 2007 at a court in Jinhua City in eastern China's Zhejiang province. The former Chinese tycoon, who was convicted of illegally raising money for her business, has been sentenced to prison after China's supreme court overturned a death sentence following a public outcry. THE ASSOCIATED PRESS

From speeding to sleeping patterns to infidelity

United Kingdom. Proposed surveillance program could expose private lives: Experts

British officials have given their word: "We won't read your emails."

But experts say the government's proposed new surveillance program will gather so much data that spooks won't have to read your messages to guess what you're up to.

The U.K. Home Office stresses it won't be reading the content of every Britons' communications, saying the data it seeks "is NOT the content of any communication." It is, however, looking for information about who's sending the message and to whom, where it's sent from and other details, including a message's length and its format.

The proposal, unveiled last week as part of the government's annual legislative program, is just a draft bill, so it could be modified or scrapped.

But if passed in its current form, it would put a huge amount of personal data at the government's disposal, which it could use to deduce a startling amount about Britons' private lives — from sleep patterns to driving habits or even infidelity.

"We're entering a whole new phase of analysis based on the data that we can collect," said Gerald Kane, an information systems expert at Boston College.

Britons generate four billion hours of voice calls and 130 billion text messages annually, according to industry figures. THE ASSOCIATED PRESS

Data

So even without opening emails, how much can British spooks learn about who's sending them?

- The ebb and flow of electronic communication, that call to your mother just before bed, that morning email to your boss saying you'll be late, frames our waking lives.

Banks. Profits to slow in second quarter

After starting the year with strong earnings momentum, Canada's biggest banks will likely report slower growth in the second quarter when they begin rolling out results this week.

The big question will be which banks come out on top in a quarter that's expected to be characterized by lower trading revenues and a weaker outlook for the rest of the year.

"I wouldn't say there's going to be one bank that clearly leaves the rest in the dust," said Gareth Watson, vice-president of investment management at GMP Richardson Ltd. One factor will be which banks have stronger capital market activity and trading revenues, he added. "You can't necessarily gauge what those results are going to be, without knowing the exact portfolios (each bank has) and that's probably going to determine who outperforms who."

Bank of Montreal will release its second-quarter earnings on Wednesday. TD Bank and Royal Bank deliver their results on Thursday. Scotiabank follows on May 29 and CIBC on May 31. THE CANADIAN PRESS

Downloads. U.S. court won't reduce filesharing fine

The U.S. Supreme Court won't reduce the $675,000 verdict against a Boston University student who illegally downloaded 30 songs and shared them on the Internet.

The high court on Monday refused to hear an appeal from Joel Tenenbaum, of Providence, R.I., who was successfully sued by the Recording Industry Association of America for illegally sharing music on peer-to-peer networks.

In 2009, a jury ordered Tenenbaum to pay $675,000 US, or $22,500 for each song he illegally downloaded and shared.

A federal judge called that unconstitutionally excessive, but the 1st U.S. Circuit Court of Appeals reinstated the penalty at the request of Sony BMG Music Entertainment, Warner Brothers Records. and other record labels represented by the RIAA.

Chief Justice John Roberts and Justice Stephen Breyer did not participate in this decision. THE ASSOCIATED PRESS

Britain

Labour Party MP testifies at media ethics inquiry

One of the British Labour Party's most seasoned operatives said his party's leadership may have gotten too close to media tycoon Rupert Murdoch.

Peter Mandelson, who served under both Prime Minister Tony Blair and his successor Gordon Brown, said both men may have gotten "closer than was wise" to the Australian media mogul

Mandelson was speaking Monday before Lord Justice Brian Leveson's media ethics inquiry, which is examining links between Britain's media and senior politicians. THE ASSOCIATED PRESS

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Facebook stock sinks below IPO price on Day 2

Social network. Website loses nearly $10 billion of its market value

Facebook's stock tumbled well below its $38 US IPO price in the social network's second day of trading as a public company on Monday.

By late afternoon, Facebook's stock was at $34.26, down 10.4 per cent from Friday's closing price of $38.23. The company lost nearly $10 billion of its market value, and is now worth around $96 billion, about $2 billion below Amazon.com Inc.

"There must have been some sober second thoughts about this," said Brian Wieser, an analyst at Pivotal Research Group who was first to come out with a "Sell" rating on Facebook's stock on Friday.

It's not that he thinks the world's largest online social network is a bad investment. But at $38 per share, it's just too expensive considering the risks associated with Facebook's brief history and unproven advertising model, he says. His fair price, or "target price," is $30.

Initial public offerings are a delicate game of supply and demand. The investment banks orchestrating the transaction, the deal's underwriters, work with the company to decide how much stock to sell and at what price.

In Facebook's case, says Michael Pachter, an analyst with Wedbush Securities, the "underwriters gave FB poor advice, and allowed them to sell too much stock, then didn't properly sell the deal."

Investors and technology-industry watchers are closely tracking the Menlo Park, Calif.-based company's shares. Facebook's initial public stock offering was one of the most anticipated ever, and now serves as a bellwether for other social-media companies.

THE ASSOCIATED PRESS

Opening day

Facebook's market debut Friday suffered some hiccups.

- Trading on the Nasdaq was delayed for a half-hour due to issues with traders' orders.
- Although many had hoped for a big first day, Facebook's stock opened Friday at $42.05 and fluctuated between $45 and $38 throughout the day before closing at $38.23.

Status update: Married

Facebook founder and CEO Mark Zuckerberg and Priscilla Chan got married in Palo Alto, Calif., Saturday. The ceremony took place in Zuckerberg's backyard before fewer than 100 guests, who all thought they were there to celebrate Chan's graduation. THE ASSOCIATED PRESS

Space rocket

Three, two...wait

Private rocket-maker SpaceX is shooting for a Tuesday liftoff after fixing the engine problem that led to a launch abort over the weekend.

The U.S. company is the first private business to attempt to launch a spacecraft with supplies to the International Space Station.

Forecasters say there's an 80 per cent chance the weather in Cape Canaveral will co-operate.

THE ASSOCIATED PRESS

Market Minute

DOLLAR Closed

TSX Closed

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AVAILABLE IMMEDIATELY: ONE DESPERATE COTTAGE GUEST

SHE SAYS...
Jessica Napier
metronews.ca/shesays

With the Victoria Day long weekend behind us, the summer season has officially begun.

City dwellers delight in the mass exodus that takes place each sun-filled weekend as urbanites pack up their coolers and head out of town. As a national pastime, cottaging (a uniquely Canadian verb) is on par with wearing plaid shirts and truly believing that this is the year that our team will bring home the Stanley Cup.

I was never one of those fortunate people whose parents invested in a piece of summer property — yes, I know #firstworldproblem. Consequently, I've had to make some strategic moves to expand my social circle so that I might have a chance to experience the great outdoors while still enjoying the luxuries of indoor plumbing.

A few years ago, I was unreasonably disappointed when my good friend broke up with her long-time boyfriend whose family owned 3,000 square-feet of lakefront paradise and not one, but two boats. Sure they were never meant to last, but couldn't she have waited until after Thanksgiving? He had a water trampoline for crying out loud.

Cottage, anyone?

Over time, as friends have moved on and moved away, I've found the number of annual cottage invites dwindling. And so, I'm going to take this opportunity to make a case for myself as the BEST cottage guest you never asked for.

Over time, as friends have moved on and moved away, I've found the number of annual cottage invites dwindling. And so, I'm going to take this opportunity to make a case for myself as the BEST cottage guest you never asked for.

First of all, I have already assembled what I imagine to be the ultimate summer 2012 music playlist. You won't have to go through the hassle of finding the perfect ratio of party anthems to mid-afternoon nap jams. But if you just want to listen to Call Me Maybe on repeat I'm also totally OK with that.

I have spent years acquiring Canadiana-inspired outfits to wear for all sorts of cabin-in-the-woods-themed weekends. My wardrobe is starting to look like a Hudson's Bay Co. catalogue.

I'll happily spend the afternoon running to and from the beer fridge to ensure that all cottage-goers are staying properly hydrated. And when the rain clouds roll in, I have you covered with a seriously large collection of board games. Twister, Scattegories, Taboo, Scrabble … boredom is not an option when I come to visit.

Finally, I deserve a getaway. A family of skunks — yes, skunks — recently took up residence underneath the house I live in. And since I'm in a basement apartment, this essentially means I have Pepe Le Pew and friends living in the wall behind my couch.

So if you've got a deck chair to spare this summer, I could use a weekend escape.

Use the buddy system if you have a cottage, please. ISTOCK

Not quite a total eclipse

MICHAEL CHOW/THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

Rare occurrence

When sun and moon align

Hikers watch an annular eclipse from Papago Park in Phoenix on Sunday.

The annular eclipse, in which the moon passes in front of the sun leaving only a golden ring around its edges, was visible to wide areas across China, Japan and elsewhere in the region before moving across the Pacific to be seen in parts of the western United States late Sunday afternoon.

THE ASSOCIATED PRESS

Astronomy 101

14,000

The eclipse followed a narrow 14,000-kilometre path for 3 1/2 hours. The ring phenomenon lasted about five minutes, depending on the location. People outside the narrow band for prime viewing saw a partial eclipse.

In Japan

Even lemurs react to marvellous sight

A Japanese zoo said the eclipse made lemurs believe it was evening.

Some 20 lemurs at the Japan Monkey Center in central Japan skipped breakfast, climbed up and jumped between trees and poles, a typical evening behaviour, according to the zoo. They returned to normal after the eclipse.

"They must be reacting to the eclipse," zoo director Akira Kato told public broadcaster NHK.

THE ASSOCIATED PRESS

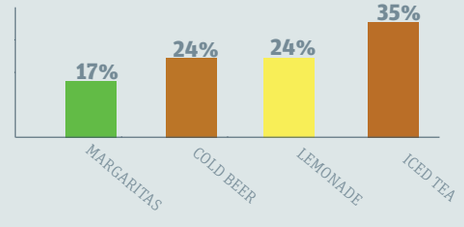
Enjoy responsibly

- **'Ring of fire'** eclipses are not as dramatic as a total eclipse, when the disc of the sun is entirely blocked by the moon. The moon is too far from Earth and appears too small in the sky to blot out the sun completely.
- **Doctors and education officials** have warned of eye injuries from improper viewing. Before the event started, Japan's education minister demonstrated how to use eclipse glasses in a televised news conference.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

With the warm weather on its way, what's your favourite summer drink?



Twitter

@Blissflow:
I love the sound of the rain... thank Goddess I live in Vancouver.

@paul_daytripper:
#MLSshouldaddress Vancouver's spelling of "Color"

@vanfoodster:
New Post - Vancouver Craft Beer Week Opening Night http://tinyurl.com/cacomlh @VCBW

@KarenTankard:
Two hour Stanley Park #run would have been perfect were it not for the rain and the toy poodle that ran faster than me. #vancouver

@MikeMorneau:
And B.T.W. @BrentButt, I've asked Hawkins - you know those Cheezies guys, to stop shipping to Vancouver for that stunt. That'll learn 'ya!

metro
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DVD reviews

The Woman in Black

Director. James Watkins

Stars. Daniel Radcliffe, Janet McTeer

The Woman in Black is a haunted-house shocker set in the late 19th century in a remote Yorkshire village where the frights are foremost, and the acting of its star, Harry Potter's Daniel Radcliffe, is almost beside the point. You could hardly find a more scream-tested story. Based on Susan Hill's 1983 novel about a phantom woman killing children to avenge the loss of her son, the tale has also been told on stage, radio and in a TV movie. Radcliffe, playing London solicitor Arthur Kipps, must travel to Eel Marsh House, a dwelling so remote it is accessible by horse-drawn cart — and then only when the tide is out. Of course he must stay several nights at the eerie place, ignoring the ghost stories he's heard. Turns out he heard right: at Eel Marsh, Kipps doesn't just see dead people, he's practically stampeded by them, especially in the film's later reels, when The Woman in Black ends up a multi-generational horror show. Extras include a commentary with Watkins and Jane Goldman and two making-of featurettes.

PETER HOWELL

The Grey

Director. Joe Carnahan

Stars. Liam Neeson, Dermot Mulroney, Frank Grillo

As the security chief of a remote Alaskan oil-drilling complex, the job of Ottway (Liam Neeson) is to hunt and kill the rapacious wolves threatening workers. The Grey's plot starts when Ottway and his team must fly to Anchorage and disaster intervenes. After one of the most realistic — and frightening — air crashes ever committed to film, Ottway jolts out of a snowbank to find himself surrounded by bits of burning jet and a handful of fellow survivors. They've fallen into the domain of the grey wolf. The Grey ends with a thought open to interpretation. Stick around for the credit rolls.

PETER HOWELL

Josh Brolin plays a young Tommy Lee Jones in Men in Black 3. HANDOUT

Hey Brolin, what's a flux capacitor?

Pop quiz. Metro puts Men in Black 3 star Josh Brolin to the test, quizzing him on his knowledge of time travel — Hollywood style

NED EHRBAR
Metro World News in Hollywood

Josh Brolin knew he was taking on a challenge when he signed on to play a younger version of Tommy Lee Jones in the time-travel-themed Men in Black 3. But how ready was he for the challenge of Metro's Time Travel Pop Quiz? Read on to find out.

First of all, how many gigawatts are required to energize the flux capacitor?
Um... 360,000?

Nope, 1.21.
I'm glad I got that so wrong (laughs).

While time-traveling, can you interact with your past or future self, or would that cause a catastrophic event?
It would cause a catastrophic event. But Boris the Animal does (in Men in Black 3). I just know that time travel as is understood by Hollywood and their storytelling has been if you in any way affect the past that you go into, that it always has a negative effect on the future. That's what I've been told, at least.

Speaking of, say you travel back in time and you arrive standing alone in front of a young Adolf Hitler. What do you do?
Befriend. That'd be the best way to get in there, and then you can detour him. Befriend and detour.

What kind of adventure did Bill and Ted have?
An excellent one. When I met Keanu Reeves, that was the first thing I said. I was like, "Bill and Ted, right on dude!" I did SNL recently and we did The Californians, and I think that was what I did, some version of guys I grew up with and Keanu Reeves in that movie. It's funny because they came up to me during rehearsal and were like, "We'd like you to do more of a California voice." And I said, "Dude, honestly, being from California I'm doing the only voice that's California. Everybody else is doing the funny version. I think I'm just doing the accurate version.

In Terminator, is Arnold Schwarzenegger a cyborg, an alien or a wacky twin?
A cyborg, of course. But a different type of cyborg is Robert Patrick in number two, right? What's it called?

The T-1000.
The T-1000. Very good, man. You know your stuff.

OK, you can only make one time-travel trip. Would you rather go forward or backward?
Wow. That's a great question. And I only have one choice. Forward, for sure. Selfishly, I'd like to backwards because there's a lot of people that I would love to meet, you know? A lot of writers, obviously a lot of very important people from your Jesuses to your Mahatma Gandhis to the obvious. But if you go forward you can see what actually is the consequence of what we're doing now, come back and actually have proof that will happen if we don't change. But then everyone will think you're crazy, of course. And then you have to deal with that, but I already have to deal with that anyway, so that's really par for the course for me (laughs).

Which movie, in your opinion, gets time travel the most right?
God, man. Time Bandits by Terry Gilliam was probably my favorite time travel movie that I've seen, just because it was so fantastical, and Terry Gilliam is such a brilliant director. Like Brazil and Fear and Loathing, the lenses that he uses are so warped and all that. It's brilliant. I like that movie a lot.

A lot of people say Back to the Future.
To me, Time Bandits was a different level of it. Back to the Future is fun and kind of like, (in a Valley Girl voice) "Oh my god, it's so much fun! He's skateboarding and it's a rocket! Oh my god!" (laughs) I haven't seen Time Bandits in a while, I need to watch it again.

I'll give you a chance to redeem yourself on the gigawatts question if you can tell me how fast the DeLoreon in Back to the Future has to go to travel through time.
Oh God, I know this. Sixty-five?

Eighty-eight.
F–! I wouldn't get very far.

2 SCENE

Box office

Avengers still has muscle

The Avengers continues to muscle out everything else Hollywood throws at it, easily sinking naval rival Battleship and other new releases. With $55.1 million domestically, Disney's superhero sensation remained No. 1 for a third-straight weekend and took in more than the three big newcomers combined. Overseas, The Avengers added an additional $56 million. The film is approaching the $1.2 billion mark worldwide, totalling $457.1 million domestically and $723.3 million internationally. "The Avengers is dominating the marketplace so profoundly that the newcomers are having a tough time breaking in now," said Paul Dergarabedian, analyst for box-office tracker Hollywood.com. Universal's Battleship opened a distant No. 2 with $25.4 million domestically, well below industry expectations. But the board-game adaptation starring Liam Neeson, Taylor Kitsch and Rihanna already has grossed $226.8 million overseas since launching in April, giving it a worldwide total of $252.1 million. Sacha Baron Cohen's comedy The Dictator, in which he plays a tyrannical third-world leader, debuted in third-place with $17.4 million for the weekend. Since opening Wednesday, the Paramount release has taken in $24.5 million.

THE ASSOCIATED PRESS

On the web

Forrest Gump actor Gary Sinise holding Va concert to raise money for wounded vet's home

Faking it till he makes it — Robb Stark learns to be king

Game of Thrones. Richard Madden's character gives viewers hope as he takes on the role of King in the North

AMBER RAY
Metro World News in New York

In two seasons of Game of Thrones, young Robb Stark has grown from dutiful teenage son to upstart King in the North. It was an accelerated maturation, to say the least, one thrust on him when the monarch in the south murdered his father, whose men in the north now fight a war against the crown in Robb's name. But the meteoric rise to power hasn't come without growing pains, explains actor Richard Madden, who steps into Robb's furs and armour with a stoic optimism.

How is Robb adjusting to the title of King in the North?
He's learning by doing. A lot of the time, in front of his men, you see him posturing. Robb is acting. He's been very clever and made some great decisions and earned the respect of the people who follow him, but a lot of the time he is pretending to be king. It doesn't feel real to him. It doesn't feel where he's supposed to be, but he is. And he needs to take on that role. By having to pretend to be a man, he becomes a man.

What have you learned about Robb this year that you didn't know last season?
I learned a lot about how he follows his heart. Last season he was kind of pushed into situations and making decisions based on what his father would do — that's what drove me as an actor last year, I kept thinking, 'What would Ned do?' Then into Season 2, he's making these decisions himself.

What excites me the most about him this year is everything that happens to him is a 'first time'. And I think in everyone's lives those are exciting moments, those first times. I learned how he deals with situations. And I've learned that Robb is one of the most honest, genuine characters. Everything he does is for the greater good.

But just like every other character in the show, sometimes your own desires get in the way, and you can become selfish, or you can take liberties because you end up getting too much power — especially for Robb, who is quite young. But I don't think there's an arrogance to Robb yet. Sometimes bits of that filter in, and sometimes he needs to act arrogant to keep the respect. He's gained that, and I like that about him. Everything he does he's worked for, and he's honest, and he gets what he wants through his actions rather than some of the other characters who can talk their way into situations — or out of situations.

The battle against King Joffrey, who had Robb's father beheaded, is a dark and violent journey. But every time a Stark comes on screen, there's this flicker of hope. ... That things can work out, that things could be perfect.

Do you get that feeling reading the scripts?
There's bits of me as an actor that go, 'What would this be like if Robb were king?' That would present its own challenges, but things could be really good. I think Robb would be such a great king.

But you know, on the same hand, that's not where his heart lies. He was raised to be Lord of Winterfell and that's where he wants to be — he wants to be looking after his people in the north. He's fighting for the cause even though he doesn't want to be king. He wants the world to be a better place; he wants the world to be just and fair and right, and that's what I love so much about him. That drives him to carry on this path of being king and fighting this war; that comes from him wanting the right things to happen.

On romance...

Robb Stark meets a woman this season who questions him — why are you fighting? Why do you want to be king?

- He's spent so much time being a king and leading an army, and then he meets this woman who is a real breath of fresh air and calls him out — she doesn't curtsy to him, she calls him out. He's a boy, she kind of sees him as a man, she asks, "What are you doing? Why is this happening?" She makes him question himself. He's never been asked these questions before — no one ever says to him, "why are you doing this, actually? Are you doing the right thing?" And then he works it out and says, "Yes I am, actually."

Robb Stark learns to be king by, well, being king. HANDOUT

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Robin Gibb

Bee Gees singer Robin Gibb passes away

Less than a week after the passing of Donna Summer, another titan of disco is gone. "The family of Robin Gibb, of the Bee Gees, announce with great sadness that Robin passed away today following his long battle with cancer and intestinal surgery," a rep confirmed to Us Weekly in a statement. "The family have asked that their privacy is respected at this very difficult time." Gibb, who had been battling cancer for years, fell into a coma last month but recovered.

Tara Reid

Tara Reid parties it up in Cannes

Despite her efforts to present a cleaned up and mature image while promoting American Reunion, Tara Reid seems to be up to her old tricks. The troubled actress has been living it up in Cannes this weekend, where she was spotted looking worse for the wear while hurrying from one night club to another in the wee hours, according to the Daily Mail. Reid remains unapologetic about her penchant for celebrating. "It's not like going out and getting drunk is a crime, lots of people do it," she tells the U.K.'s Loaded magazine.

The Word

Justin Bieber goes gaga for Selena Gomez's costar?

THE WORD
Monica Weymouth
scene@metronews.ca

"Thank you for the time I had with you but I have to move on now," Justin Bieber posted to his account. This comes after rumours that when visiting the set of girlfriend Selena Gomez's new movie, Spring Breakers, he fell for her nearly identical costar, Vanessa Hudgens (better known in this column as Zac Efron's unworthy ex).

For her part, Gomez closed her Instagram account, then took to Facebook with a photo of herself at a shooting range with the ominous caption, "Released some stress today."Twitter, Instagram, Facebook: are you following this? Forget that these two are famous — it's nearly impossible for any teenager to get dumped with a little dignity these days. We never thought we'd say this, but long live the days of dial-up AOL in your parents' dining room.

Call in the Army

After Van Halen cancelled the remainder of their tour on Friday, tribute band Van Halen's Army offered to step in. "They have an obligation to fulfill ... somebody signs up to do the job they should complete it," a guitarist identified as Joe tells TMZ.

Katy Perry ALL PHOTOS GETTY IMAGES

The one that got away: Katy Perry sings about marriage breakup

While Katy Perry's last big breakup hit, Part of Me, proved to have been written before her marriage to, and split from, Russell Brand, sources say her latest single, Wide Awake, is most certainly about her 14-month marriage to the British comedian, according to People magazine.

"I wish I knew then what I know now," Perry sings on the track. "Wouldn't dive in, wouldn't bow down." Seems pretty fitting.

"It's obviously about Russell," a source says. Perry hasn't commented on the inspiration for the track.

Quoted

"I wish I knew then what I know now."

Katy Perry
Lyrics from her latest single, Wide Awake.

3 LIFE

Heart issues

Men are more immune to mental stress

Women are more likely to suffer heart trouble following an emotional episode than men, claim scientists from the Penn State College of Medicine. They found that while mental stress increased coronary blood flow in men, it caused no change in women, potentially putting women at a greater risk of developing heart problems.
METRO WORLD NEWS

Bad trip

Want to rant or rave about your travel experiences, whether it's sloppy in-flight food or smelly toilets? Go to www.airlikes.com to share your experiences about the airlines and airports you've loved or hated.
METRO WORLD NEWS

On the web

In France, autistic kids get psychotherapy; critics slam approach as outdated, unscientific

Post-travel yoga

Need a vacation after your vacation? Here's an easy yoga sequence to ease travel-related stress, doable in a hotel room, at home or anywhere.

ROMINA MCGUINNESS
Metro World News in London, U.K.

A long journey can leave you feeling disorientated, stiff and groggy. You feel so rubbish you wonder why you bothered leaving in the first place.

Stop whining and get moving. Yoga can be done anywhere, any time, so rather than suppress a yawn, do this simple sequence in your hotel room to boost your energy levels and restore core strength.

The poses will get your blood circulation going and help open up tight hips, backs, necks and shoulders, all of which get cramped when travelling, says yoga instructor Kristin McGee, who trains comedienne Tina Fey.

Quote

"Downward dog inversions will revive your brain and relieve you from back pain and insomnia."
McGee

1 Cat

The combination of Cat and Cow pose provides a gentle massage to the spine and stretches the neck.

How to: From tabletop position, exhale and round your spine towards the ceiling. Release your head toward the floor. Inhale and come back into a neutral tabletop.

2 Cow

How to: Inhale and lift your sitting bones and chest toward the ceiling. Allow your belly to sink toward the floor. Lift your head and look straight forward. Exhale and come back into neutral.

Alternate between Cat and Cow for 5-8 cycles making sure you link breath and movement.

3 Downward Facing Dog

If you're feeling sluggish, downward dog inversions will revive your brain and relieve you from back pain and insomnia.

How to: From Cow, tuck your toes under and press back into a Downward-Facing Dog. Hold for 1-3 minutes.

4 One-Legged King Pigeon

Stretches the thighs, chest and neck and opens up the shoulders. Perfect if you've been sitting down too long.

How to: From Downward-Facing Dog, slide your right knee forward and parallel to the front of the mat as you slide your left leg back. Recline forward if you can and stay for 8-10 breaths before switching sides.

Get your exergaming face on

Exercise craze. Giving your thumbs and your bum a workout— pilot study looks at the success of exergaming

CELIA MILNE
life@metronews.ca

There's exercise. And there's gaming. And now there's exergaming.

A Canadian pilot study has found blending video games with stationary biking is a great way to meet fitness goals.

"Yes, activity is good for us...but if we don't enjoy it, we simply won't stick with it. Exergaming is a great tool because it is highly enjoyable," says Dr. Melanie Keats (PhD), lead author of the study.

Keats, an assistant professor at Dalhousie University in Halifax, and colleagues divided a small group of university students into those who used exercise bikes and followed a cycle training program, and those who used exercise bikes and played video games.

Both groups were asked to cycle for 30 minutes twice a week for six weeks.

Results showed the exergaming people were more likely to attend their exercise sessions, worked harder and improved their fitness levels more than those who used the cycle training program.

Many gyms now have exergaming cycles and rowing machines. Some of these systems connect to online resources and social media such as Facebook and Twitter so that you can track your progress, set up virtual groups and compete against your friends and other participants locally, nationally and around the world.

Keats' advice to those who want to exercise more but lack motivation? "Find something that you enjoy. Try new things, keep mixing things up, and involve your friends and family!"

Melanie Keats with the exergaming bikes. CONTRIBUTED

Hot Bites. Spicy salsa, rice and cheese nibbles have flavour of nachos

1. In a large bowl, combine rice and cheese; set aside.

2. In another bowl, beat eggs until well blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and cheese and mix well.

3. Spray miniature muffin pans with vegetable cooking spray. Spoon about 22 ml (1 1/2 tbsp) of rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling, pressing slightly with back of spoon.

4. Bake in 180 C (350 F) oven for 15 to 20 minutes or until lightly browned. Serve warm with additional salsa and sour cream, if using. THE CANADIAN PRESS/ RICEINFO.COM/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 750 ml (3 cups) cooked brown rice
- 250 ml (1 cup) shredded pepper jack cheese
- 4 eggs
- 1 jar (500 ml/16 oz) medium thick and chunky salsa
- 125 ml (1/2 cup) sour cream
- 2 ml (1/2 tsp) salt, pepper
- 175 ml (3/4 cup) crushed corn tortilla chips
- Additional salsa and sour cream, for garnish

Coffee, baked goods & art share space with tasty tacos

The Rhonda-Maria Taco. ERIN IRELAND

LUNCH RUSH
Erin Ireland
life@metronews.ca

Café for Contemporary Art's lone pink wall says it all: "Expect the unexpected".

This is the Lower Lonsdale hot spot featuring fabulous coffee (49th Parallel), in-house baked goods (often vegan) and local art.

Never would I have imagined tacos, of all foods, to emerge from the small kitchen.

The biggest surprise? My first bite. How could Mexican fusion be this good at a coffee shop?

The answer: Matt Formagin, a Red Seal chef who studied in Cabo San Lucas while surviving off a diet of tacos.

Fellow taco lover and owner of the café, Tyler Russell, was gung-ho to launch the appropriately themed new menu, Everyday Tacos For Total Consciousness, featuring six highly creative tacos.

The Rhonda-Maria — packed with an incredible variety of enticing flavours — didn't disappoint. Dense sweet potato tamale was the 'meat' and toppings were plentiful: jalapeno, pumpkin pesto, creamy goat feta, a sweet and spicy habanero mango salsa and cool guacamole.

You won't want to stop until you've tried them all.

Visiting the restaurant

Café for Contemporary Art

Address. 140 East Esplanade

Phone. 778-340-3379

Rating. 4/5

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Wedding etiquette

Tips for small talk

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Charles the Butler! When I go to my friends' weddings, like everyone else I have to sit at a table of about 10 people, but I often don't know most of them. Am I honestly expected to talk to these strangers at my table?

It would be very rude to arrive at a dinner table, sit down, and not speak to anyone except the person beside you!

Yes, you need to socially make an effort and try to introduce yourself to all of the others at the table and you need to make polite conversation with them.

Now often people have trouble making "small talk" as they do not know what to say, so here is a trick I teach people. Read the newspaper the morning of your event. By reading the paper, this allows you to know what is going on around the world and have topics of conversations with people as this gives you many, many things to talk about. If you can't get a paper, listen to the news on the radio or go online.

When at a wedding, it's considered rude to ignore the strangers at your table. Try to make conversation. ISTOCK

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Pay down your mortgage.

Occasionally 'what happens in Vegas' actually follows you home. ISTOCK IMAGES

What to do when someone 'shows you the money'

Financial windfall. It's not a dilemma we often have but sometimes a pile of cash comes your way. So what should you do with it?

YOUR MONEY
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"A divorce," once noted Margaret Atwood, "is like an amputation: you survive it, but there's less of you." This usually means financially too.

But a friend of a colleague here at Metro, is exiting her marriage with a slightly fatter wallet, $20,000 to be exact. And now she's wondering what to do with it.

Confession. After my own divorce eons ago I bought a red telephone and a sexy green Karmann Ghia. However, with the wisdom of time at my disposal, I'd suggest something different.

First of all, take a breath; park the $20,000 in a short term GIC or high interest savings account for at least a couple of months until the emotional dust settles a bit.

Second, after a windfall of any kind, ask the question, "Who are you?" Spending, saving and investing is entirely dependent on your personality and situation. A young, safely employed, debt-less divorcee with no kids could justify a fab trip, a killer new wardrobe or cool wheels.

On the other hand, debt, dependents and dreams might steer you in a different path. Let's say you have sizeable RRSP (registered retirement savings plan) contribution room. Deploying most of the funds to retirement savings might yield a nice refund next year, which could then be used to pay down debt.

If kids are in the picture dividing the money up between an RRSP and an RESP (registered education savings plan) would provide a smaller tax refund but the RESP deposit will attract a 20 per cent government grant.

Now to dreams! I always advise those receiving a windfall to do a little dreaming about the future. It could be more education, a home or even a business. A few years back one reader took a chunk of her divorce settlement and bought a commercial grade sewing machine, cutting table and fitting dummy. She now has a internet business custom sewing for hard-to-fit folk.

If you have kids you might want to indulge their dreams also. But take care with this because spending to assuage the pain of divorce is a temporary bandage at best.

Next week, I'll offer a few ideas for investing the windfall.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Alison's money rule

Financial windfalls are rare. Treasure them and be slow to make spending decisions.

Statistic

4/10

Four in 10 Canadian marriages end in divorce

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House hunting

Activating Plan B – become a future landlord

FUN AND FRUGAL
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What makes for a profitable rental income property? ISTOCK IMAGES

I cannot help my frugal self — I refuse to pay more for something than it's worth. I'm nearing 30 days left before my house sale closes and I cannot seem to find a new property that fits my criteria AND has reasonable potential for added value.

So, this week I began exploring an entirely new home-buying idea. What if, instead of succumbing to the pressure to buy an over-priced inner-city detached home, I bought with an entirely new set of criteria; a small, centrally located condo with high rental income potential?

I'll live in it for a few years, and when I finally do find the right shack, I can rent out the condo and move into my more affordably priced dream home.

This idea led me to hours of Google research to determine what characteristics I should look for in a profitable rental income property.

Buying in a good neighbourhood will help attract quality tenants. If you would like to rent to a family, the property needs to be located near schools and playgrounds.

Proximity to downtown would be important in attracting a downtown professional. A low neighbourhood crime rate would make tenants feel safe.

Locations that have growing employment opportunities attract a high volume of potential tenants. You can determine which communities are growing by researching on Statistics Canada or by visiting your local librarian.

Municipal planning departments can inform you on **what other developments are set to take place near your rental property**. Generally speaking, if there's significant development zoned for your area, like malls or condos, growth is expected. But certain developments, like a major thoroughfare could increase noise and decrease green-space which will hurt your tenant prospects.

Vacancy rates indicate how successful you'll be at attracting tenants. Low vacancy rates allow landlords to maintain or raise rental rates. Alternatively, high vacancy rates force landlords to lower rents to scoop up tenants.

The **condition of the property** can be determined by a home inspector. Avoid ones with structural integrity issues. Inexpensive aesthetic changes can be made to 'healthy' properties that will attract tenants.

Rental rate will determine whether the property is to be profitable. If the rent is not enough to cover the mortgage, condo fees, and taxes, keep looking around.

The bottom line on rental properties is that they're supposed to contribute to your equity and monthly cash flow, not the opposite. In my case, it may serve a secondary purpose — it buys me time to find the right house while building up a long-term investment.

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for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. [2]Only one Aeroplan Account is eligible for Aeroplan Miles on your mortgage. Aeroplan Miles have
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4 SPORTS

Cycling

"Sure there's hard moments and you're suffering and you'd rather be other places, but the rewards you get back from persevering, that's what keeps you here and I wouldn't trade anything for it."

Victoria's Ryder Hesjedal on Monday. It doesn't get much bigger than this for Hesjedal. Standing second overall, the 31-year-old has five stages and 925 kilometres to go before the storied race finishes Sunday in Milan. Hesjedal, the designated leader of the Garmin-Barracuda team, is 30 seconds back of Spain's Joaquin Rodriguez.

THE CANADIAN PRESS

NBA playoffs

Lakers done with loss to Thunder

Russell Westbrook scored 28 points, Kevin Durant added 25 points and 10 rebounds, and the Oklahoma City Thunder surged ahead in the second half to beat Los Angeles 106-90 in Game 5 on Monday night and eliminate the Lakers from the playoffs.

THE ASSOCIATED PRESS

On the web

Peyton Manning suited up for his first full practice with the Broncos on Monday and according to Denver cornerback Champ Bailey, the four-time MVP "hasn't missed a beat" after being sidelined for over 16 months with a neck injury. Scan the code for the story.

Devils goalie Martin Brodeur with New York's Mike Rupp on Monday night in Newark, N.J. KATHY WILLENS/THE ASSOCIATED PRESS

Gloves come off as Devils draw even

NHL. Hatred between regional rivals erupts as New Jersey takes Game 4 from New York

Game 4

Devils	Rangers
4	1

The Eastern Conference Finals between the rival New York Rangers and New Jersey Devils finally got ugly — real ugly.

Devils goaltender Martin Brodeur was sucker punched in the third period by former teammate Mike Rupp. Coaches Peter DeBoer of New Jersey and John Tortorella of New York screamed at each other after the incident. And the Rangers blew their cool, as the Devils rode two goals and an assist by Zach Parise to a 4-1 victory on Monday night that evened the series, 2-2.

"Throughout a seven-game series," Parise said, "both teams are going to get frustrated with things."

Well, Monday was New York's turn. And only time will tell if it spills over to Game 5, Wednesday at Madison Square Garden. As for Game 3, though, the story was the hit on Brodeur, who made 28 saves.

After all, the punch came out of nowhere and almost set off a battle on the ice before the coaches got into it on the benches.

"You don't like to see that," DeBoer said of the hit on his goaltender. "He's a key guy for us. Two teams battling it out. He's a big boy. He can take care of himself."

Brodeur was more surprised by the incident than anything else.

"I didn't expect anything," the 40-year-old said. "I never got punched like that in my career. First time. It kind of surprised me more than anything, but now I know I can take a punch."

Tortorella refused to say anything about his shouting match with DeBoer, with whom he has argued several times this season, including Sunday when he complained the Devils use illegal picks and embellishing penalties.

"This isn't about John and I," DeBoer said.

THE ASSOCIATED PRESS

Tennis

Nadal claims one more title on clay

Rafael Nadal showed Novak Djokovic he's still the man to beat on clay, defeating the top-ranked Serb 7-5, 6-3 Monday in a rain-delayed final to win his record sixth Italian Open.

After losing to Djokovic in seven straight finals, Nadal has now won two in a row against the Serb after also taking the Monte Carlo Masters title on clay.

"I don't think I played that well, I can do better," Nadal said. "When you are not serving 100 per cent perfect then you are in trouble, because he returns hard. I am trying to play more aggressive."

With the French Open starting Sunday, both players said they have room to improve. THE ASSOCIATED PRESS

Rafael Nadal, left, and Novak Djokovic on Monday in Rome. GETTY IMAGES

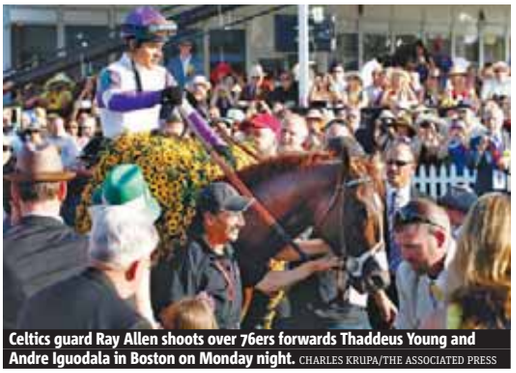
NBA

Bass drops Boom as Celtics top 76ers

They started as a Big Three and grew to a Big Four when Rajon Rondo earned the right to be mentioned along with the other Boston Celtics all-stars.

At no point, however, did Brandon Bass merit marquee billing in his first season in Boston. The fifth, newest and least-heralded member of the Celtics' starting lineup, Bass erupted for a career playoff-high 27 points on Monday, scoring 18 in the third quarter as Boston pulled away from the Philadelphia 76ers to win 101-85 and take a 3-2 lead in the second-round series. THE ASSOCIATED PRESS

Triple Crown in sight for local rider



Celtics guard Ray Allen shoots over 76ers forwards Thaddeus Young and Andre Iguodala in Boston on Monday night. CHARLES KRUPA/THE ASSOCIATED PRESS

For Triple Crown-winning jockey Steve Cauthen, 34 years ago seems like yesterday. And after watching I'll Have Another's victories in the Kentucky Derby and Preakness, he thinks the Triple Crown drought might finally come to an end in the Belmont Stakes.

"The colt has a great temperament, nothing seems to bother him," he said of I'll Have Another, who on June 9 will get his shot at becoming the first to sweep all three races since 1978, when Cauthen did it aboard Affirmed. "He looks like he can be improving and thriving. It looks like he has a great chance."

Back when Cauthen was an 18-year-old riding sensation, he guided Affirmed to narrow wins over rival Alydar in the Derby, Preakness and Belmont.

With each win by I'll Have Another, Cauthen finds himself flashing back to his glory days with Affirmed.

"This horse looks like he's got that same fighting spirit as Affirmed," said Cauthen, who runs a breeding farm in Verona, Ky. Cauthen also feels a common bond with I'll Have Another's jockey, 25-year-old Mario Gutierrez.

"He's a fresh face, a new kid on the block," Cauthen said of Gutierrez, who came to Vancouver to race at age 19. "The kid's got a great attitude and a great smile."

Cauthen praised Gutierrez for the way he has handled all the hoopla surrounding the Triple Crown trail.

"He couldn't have ridden the horse any better than in the Derby and the Preakness," Cauthen said "He had him in a perfect spot both times, he was patient and made his move without a lot of fuss or fanfare. And he rode strong and got the job done."

THE ASSOCIATED PRESS

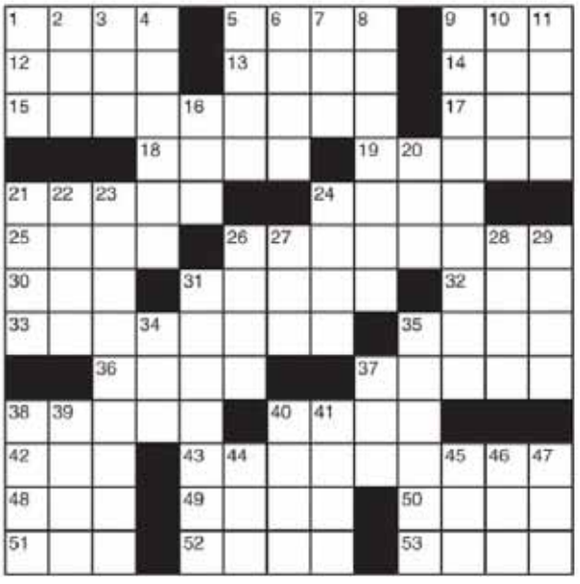
Crossword

Across

1 Record
5 Dieter's target
9 Satchel
12 Ontario neighbor
13 Staffer
14 Altar affirmative
15 Big rat
17 Hair-care product
18 Congregational cry
19 Stormed
21 Puny one
24 "David Copperfield" girl
25 Congers
26 Fleet of ships
30 Ms. MacGraw
31 Nut-bearing hardwood tree
32 Chic no longer
33 Washington volcano
35 Horseback game
36 Caspian Sea feeder
37 Arise
38 Actress Black
40 Aspiration
42 Past
43 Unpredictable venture
48 Writer Buscaglia
49 Enormous
50 Initial stake
51 NYC winter hrs.
52 "Zounds!"
53 Apportion

Down

1 Society newbie
2 401(k) alternative
3 Sermon subject
4 Lebanon trees
5 Confront
6 Yellow Brick Road follower
7 Big bother
8 Promise to wed
9 Oaf
10 "Zip- — -Doo-Dah"
11 Prospector's dream
16 Mischievous tyke
20 "Exodus" figure
21 Pekoe et al.
22 Lump raised by a blow
23 Secretary of war, 1899-1904
24 Medical types
26 Sense
27 Author Deighton
28 Humdinger
29 On
31 A Streetcar Named Desire role
34 Before
35 The Taking of — One Two Three
37 Petrol
38 Hardy cabbage
39 Quite some time
40 Enthusiastic
41 Newspaper page
44 Bad hairpiece
45 A Chorus Line song
46 Mel of Cooperstown
47 Driving site



Sudoku

3			9	4				6
	1					3	5	
	6			7	5			9
					7			1
		8				7		
1			2					
9			8	5			6	
	2	7					8	
5				9	4			2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	2	8	7	5	9	3	1	4
5	9	1	2	4	3	8	7	6
3	4	7	1	8	6	5	9	2
4	6	3	8	2	7	9	5	1
8	7	2	5	9	1	6	4	3
9	1	5	3	6	4	7	2	8
7	3	9	6	1	2	4	8	5
2	8	6	4	7	5	1	3	9
1	5	4	9	3	8	2	6	7

Friday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

JUPL ARV ZQPPM KRLZJQGMPQ XQEPL PLMUVKGXKMGBXEEA, RLP BRVEF KVWWRKP MUXM ARV UPQXEF UXQREF.

Yesterday's Cryptoquip: IF A CHURCH PASTOR IS VERY FRIENDLY AND GREGARIOUS, I'D HAVE TO SAY HE'S A PEOPLE PARSON.

Today's Cryptoquip Clue: A equals Y

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Keep your wits about you today, because the planets indicate there is money to be made.

Taurus | April 21 - May 21. As from today there should be no further doubts about what it is you desire and what it is you intend to do with your life.

Gemini | May 22 - June 20. Some thoughts can be shared and some thoughts are best kept to yourself.

Cancer | June 21 - July 22. There is a lot you can do on your own but there is absolutely nothing you cannot do with like-minded friends by your side.

Leo | July 23 - Aug. 22. If ever there was the perfect time to impress employers and other important people that time is now. Be brilliant.

Virgo | Aug. 23 - Sept. 22. You may have an overwhelming urge to get away from your everyday environment but because you have duties to perform that might not be possible today.

Libra | Sept. 23 - Oct. 22. The Sun in Gemini at this time of year encourages you to think in new ways.

Scorpio | Oct. 23 - Nov. 21. Don't try to analyze why you feel so good today because the more you chase after the feeling the more it will slip away from you.

Sagittarius | Nov. 22 - Dec. 21. Success is yours if you have the right attitude. And what is that? That you are a blessing on the world.

Capricorn | Dec. 22 - Jan 20. Even the most tongue-tied of Capricorns will express themselves beautifully today.

Aquarius | Jan. 21 - Feb 18. Take life as it comes and don't worry about tomorrow or the day after that.

Pisces | Feb. 19 - March 20. Go out of your way to get along with people today, even people you might prefer to avoid. Everyone you meet has something to teach you.

SALLY BROMPTON

Caption Contest

"I'm b-b-b-bad to the....where's my bone?"
Lily

SAKCHAI LALIT/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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